



# GO FAR SCHOOL SPIRIT VIRTUAL 5K

We can't meet in person, but you can still show your school or club spirit! The GO FAR School Spirit Virtual 5K will help you train to run your own 5K and try to win **CASH** awards for your school or organization. Here's how it works:



- Train at home for eight weeks –Sept. 21–Nov. 14.
- Log your miles or fitness minutes for your school or organization. Win prizes for miles! 15 minutes = 1 mile
- At the end of eight weeks, run your own 5K.

*15 minutes of running, walking or aerobic exercise = 1 mile*



Which school or organization has the most club spirit? For 8-weeks participants can log their miles or fitness minutes for their school or organization. At the end of the 8-weeks we will celebrate:

- Which school or organization has the most participants registered?
- Which school or organization has logged the most miles?
- Which school or organization showed the most club spirit during the 8 weeks?

*GO FAR Coaches get FREE Incentive Kits for their team members.*



How much does the GO FAR Virtual School Spirit 5k cost? \*

- To participate in this event, you will pay \$7
- If you want a School Spirit t-shirt and medal, you will pay \$25

\*LIMITED Entry fee scholarships are available upon request. .

**\$7**

To Sign Up for Your School or Organization

**\$25**

To Sign up AND get a Medal and Shirt



What are the perks of doing this event?

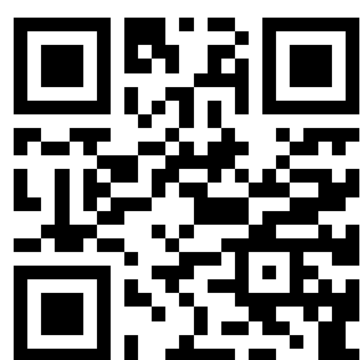
- Ability to show your school spirit even though you may be not be in school
- Opportunity for prizes at the end
- Weekly training ideas, games and plans sent via email
- Access to virtual swag bag with lots of local deals
- Ability to set and achieve your fitness goals with your school friends and family

When will this take place?



- REGISTRATION BEGINS: September 1, 2020
- TRAINING BEGINS: Monday, September 21, 2020.
- T-SHIRT DEADLINE: October 23, 2020
- VIRTUAL FINISH LINE: November 14, 2020.
- T-shirts and medals will be available for pick up the week of November 14th.

**WIN CASH PRIZES FOR YOUR SCHOOL!**



How to register for the GO FAR Virtual School Spirit 5k?

- Go to the virtual 5K website: [www.runsignup.com/gofar](http://www.runsignup.com/gofar)
- Fill out the information on the site. You will need to select YOUR SCHOOL when you sign up.
- You will want to post all your fitness minutes or mileage equivalent onto this site every day or weekly.

GO FAR (Go Out For A Run)® is a comprehensive fitness program designed to teach children of all abilities about healthy eating, goal setting, and how to train to walk/run a 5K. GO FAR was created to fight the childhood obesity epidemic while teaching children healthy habits that can be sustained throughout their lives. As a 501(c)3 nonprofit organization, GO FAR provides an easy way for teachers, coaches and/or parents to create running clubs in their schools and communities.